

WHEN HOMEMAKERS OF THE FUTURE COOK...

... they like to treat their families to foods made with the best of their culinary "magic" tricks. Each recipe here has its own sleight-of-hand touch in the form of a convenience food, a flavor blend, or a taste delight that a young cook can pull out of her "recipe hat" to astound her family.

HERBET

TO FREEZE: 2-3 HRS.

pkg. lemon
herbet mix accord-
a refrigerator tray

nk into small pieces
beater until smooth
uts. Return to tray
out 1½ pts. sherbet

2. Meanwhile, lightly oil a 1½-qt. mold with salad or cooking oil (not olive oil). Set aside to drain.
3. When gelatin mixture is of desired consistency, mix in the oranges. Turn into prepared mold. Chill until firm.
4. Unmold onto a chilled serving plate garnished with lettuce or endive. To unmold, run tip of knife around top of edge of mold to loosen. Invert mold onto serving plate. (If necessary, wet a clean towel in hot water and wring it almost dry. Wrap hot towel around mold for a few seconds only. If mold does not loosen, repeat.)

8 to 10 servings

CHICKEN AND SWEET POTATOES IN CREAM

TO PREPARE: 15 MIN.

TO BAKE: 1 HR.

4 chicken breasts (about 2 lbs.)	¼ teaspoon ground allspice
1 cup cream	½ teaspoon ground cloves
2 tablespoons honey	2 tablespoons butter
½ teaspoon salt	1 1-lb., 2-oz. can vacuum- packed sweet potatoes
½ teaspoon ground nutmeg	

1. Rinse chicken breasts with cold water and pat dry with absorbent paper. (If chicken is frozen, thaw according to directions on package.) Arrange chicken, skin side up, in a shallow baking pan.
2. Mix together cream, honey, salt, and spices. Pour over chicken. Dot with butter.
3. Bake at 350°F 30 min., basting with cream mixture. Remove from oven and arrange sweet potatoes around chicken. Spoon sauce over potatoes if desired. Return to oven and bake 30 min. longer, or until chicken is tender.

4 servings

SALAD

TO CHILL: 4 HRS.

an frozen orange-
concentrate,
d (undiluted)
nger ale

water and stir until
the reserved sirup,
le. Chill in refrig-
a mixture is slightly
eaten egg white. If
; if chilled over ice

An information-packed article about your baby's care, feeding, growth and fun.

Let hand skills help you guess... how old are these babies?

As a baby learns to make his hands "mind" his mind, new hand skills develop in orderly sequence—month after month. Some advance faster than others—but if you know what to look for, you can guess a baby's age pretty well by watching what he can do with his hands. How are your guesses on the ages of the babies with the busy hands below?



● Hangs on so tight he can support his own weight! This strongman hand is a newborn's—but his grasp is a reflex action, not mind-directed. Baby's tiny hand soon "loses its grip," can't hold this tight again for many months.



● Uses both hands at once, and each follows separate orders—such as "Hold this toy, pick up that one." Easily shifts things from hand to hand. What do these clues add up to? More than likely a seven-month-old.



● Picks up the tiniest things with his new-found "tongs"—thumb and forefinger—working together like a precision tool. This exciting skill—a helpful step to self-feeding—usually shows up by baby's ninth month.

Menu-balancing help for busy days How to "sit pretty" when you're expecting

Steering a spoon from dish to mouth is a hand skill few babies manage before first birthday. Encouragement helps; so do extra-good foods to practice on—such as Heinz' 7 High Meat Dinners, containing 3 times the usual amount of meat. Tasty examples—new Chicken a la King and new Chicken with Rice. Both are rich in tender chicken and, to "balance" baby's menu, creamy vegetables. Strained and Junior.

● Quicker service comes baby's way in cereals now. Heinz new Instant Cereals mix smooth *instantly*, like the name says—in five fast seconds! Another nice thing: they stay smooth and unumpy while your baby eats. Only Heinz makes these nutritious Instant Cereals—so easy to fix and to feed. And so easy to find at your food store, in their smart new packages. Let baby try all 5 delicious flavors soon: High Protein, Oatmeal, Rice, Barley and Mixed Cereals.

● Baby on the way? When you sit down, start like this: put one foot slightly back of the other, bending knee. Use leg muscles—not back muscles—to lower yourself into the chair. Feels better... looks better, too!



● Minutes make the difference between smiles and tears at mealtime! When your little gourmet is so eager to eat he can hardly wait, Heinz speedy new screw-on caps help keep the peace. They come off in a hurry, with one quick turn—no need to fuss with a pry-off tool. They reseal airtight easily, too. Mothers tell us screw-on caps—a Heinz first—are the greatest convenience since Heinz Baby Foods themselves!



First with screw-on caps

HEINZ Baby Foods

Over 100 strained and junior varieties
... including meats, cereals, juices